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Title: Thou Art What Thee Eats

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Within these pages thou wilt find the comparative analysis of many things we, humans, place in our bodies in the name of food. I will attempt to provide for thee information on what constitutes "good" food and what constitutes "bad", and will display the information by mentioning each type from best to worst, first in terms of nutritional value and second by taste.

A large chop of fine meat, including mutton, fowl, ham, or ribs, is by far the most nourishing. This does not include other forms of beef, however, for they are usually served in smaller portions. Pork and sausage are also lower on the proverbial "scale", for they are not quite as filling. In place of meat, I would recommend flounder, cheese, or potatoes, for they are also quite good for thee.

In some instances, trout, fish and chips, and some breads will pass for a meal.

An egg and most any other fruit and vegetable, including: an apple, a banana, a carrot, a pumpkin, a bunch of grapes, and various cakes, will suffice in a pinch. However, despite its delectable taste and extravagant price,

silverleaf meals have  
absolutely no value on  
this chart at all. the  
moral is, my friend, never  
pass up meats when thou  
hast the chance to dine  
upon them!

Obviously, not everything  
that tastes good is  
nourishing. At the top  
of this list, I must put  
down Silverleaf. The  
taste is absolutely  
exquisite! Short of that,  
I recommend roast mutton  
with a lovely Minoxian  
glaze sauce. Add a  
potato as a side course,  
with the whole meal  
preceeded by a few raw  
vegetables, and thou truly  
hast a wonderful feast!  
For a second course, I  
would suggest...